WELLBEING AS A WAY OF LIVING

CORI Spa

At CORI, spa is more than a place. It is our expression of wellbeing as a way of living.

Rooted in the rhythms of Hornbæk and the restorative power of nature, our philosophy is simple: to live well is to care for ourselves in ways that restore, nourish and bring us more fully into life.

We believe in the intelligence of the body, the value of rest and movement, the power of human touch and connection, and the importance of joy. Through timeless practices and modern knowledge, we take a thoughtful, personal approach to care.

Step into the warmth of our sauna, slow down with a treatment, explore modern recovery in our Longevity Lounge, or simply take a moment to pause. CORI Spa is yours to experience in the way that feels right for you.

Not in pursuit of perfection, but to feel well, find more joy in the everyday and carry a little of CORI with you.

CONTENTS

In this menu

Facials	CHAPTER I
Body Massages	CHAPTER II
Body Treatments	CHAPTER III
Kids' and Teens' Treatments	CHAPTER IV
Beauty Treatments	CHAPTER V
Longevity Lounge	CHAPTER VI
Our Partners	
Reservations and Enquiries	

All treatments are guided by expert diagnosis and may be tailored to your individual needs.

CHAPTER I · FACIALS

Tata Harper Skincare

Longevity. The Future of Skin.

Radiance Facial

60 MIN · DKK 1500

The Instant Glow Treatment

This signature glow-inducing treatment brings skin back to life with immediate luminosity. Exfoliating fruit enzymes and brightening actives sweep away dullness, while the Bio-Energy Massage boosts circulation and awakens vitality. Enhanced by percussive-based cleansing to deeply dislodge pore-blocking debris, the result is a complexion that feels instantly smoother, brighter, and visibly more alive.

BEST FOR Dull skin, uneven tone, tired complexion, pre-event.

Kind Facial

60 MIN · DKK 1500

The Barrier Repair and Calming Treatment

A restorative haven for delicate, sensitive, or depleted skin. Calming botanicals are layered to fortify the skin barrier and revitalize reactive skin, while the Harmonic Drainage gently eases congestion and restores balance. The ritual closes with hot and cold therapy, where soothing warmth relaxes the skin and cooling touch calms sensitivity.

BEST FOR Sensitive skin, redness, reactive or compromised skin.

Timeless Facial

60 MIN · DKK 1500

The Sculpting and Firming Treatment

A high-performance treatment designed to strengthen and refine the skin for lasting vitality. The Remodelage Massage works to firm, lift, and reinforce skin structure, while targeted microcurrent therapy tones and tightens, improving muscle definition across the face and neck. The pinnacle of performance, delivered through an experience of exceptional luxury and efficacy.

BEST FOR Depleted, low-energy skin, loss of smoothness, lack of definition.

Supreme Facial

90 MIN · DKK 2200

The Longevity Architecture Treatment

Our most visionary treatment is a holistic approach to skin longevity, centered on the Supreme 360 Massage, which works across structure and fascia to strengthen skin architecture and support long-term resilience. The ritual is completed with LED vibration therapy to stimulate cellular renewal, revealing smoother, healthier-looking skin with a visible reduction in fine lines and dark spots.

BEST FOR All skin types, aging skin, loss of firmness, fine lines and pigmentation.

CHAPTER I · FACIALS

Raaw Alchemy

Personalization. The Art of Skin Alchemy.

Each treatment is freshly blended in the moment, designed to restore balance, awaken radiance, and respond intuitively to your skin's evolving needs. Gentle or Active Peel available for every facial, plus optional add-ons. Ask your therapist.

The Raaw Alchemy Facial

60 MIN · DKK 1300

Signature Personalized Facial

A groundbreaking facial combining bioactive botanical extracts with bespoke formulas freshly blended to your skin profile. Deeply hydrating, firming, and luminously clarifying. Texture refined, elasticity restored, and natural radiance awakened.

BEST FOR Dehydrated skin, dull complexion, uneven texture.

Complete Ritual

90 MIN · DKK 1900

Face and Body Experience

A truly immersive experience designed to make you feel weightless, almost floating. The face receives tailored concentrates with precision sculpting tools. For the body, Nordic-inspired techniques tone and smooth, replenish with nourishing oils, and visibly improve texture and the appearance of cellulite.

BEST FOR Loss of tone, body texture concerns, skin in need of deep nourishment.

Lifting and Sculpt Facial

60 MIN · DKK 1500

Cellular Renewal Facial

Targeted formulas, concentrated marine extracts, potent antioxidants, and firming actives work deep within the skin to address fine lines, wrinkles, and laxity. Traditional Japanese face lifting techniques combined with infrared heat therapy support collagen production, improve elasticity, and sculpt the facial contours with precision.

BEST FOR Fine lines, loss of firmness, reduced elasticity.

CHAPTER I · FACIALS

Manasi7

Balance. The Intelligence of the Skin.

Microbiome Reset Facial

40 MIN · DKK 900

A Slow Beauty Barrier Repair Treatment

A slow, restorative facial that works in harmony with the skin to rebalance the microbiome and reinforce the barrier. Using mindful, hands-on techniques and fermented botanicals, this ritual calms, nourishes, and strengthens the skin, enhancing natural vitality and long-term resilience.

BEST FOR Sensitive or reactive skin, compromised skin barrier, dehydrated skin.

RAESO

Rhythm. Living with Time.

Bio Rhythm Facial

40 MIN · DKK 900

Circadian Rhythm Skin Therapy

A personalized facial designed to work in harmony with the skin's natural circadian rhythm, supporting protection during the day and repair at night. Based on the time of your treatment, the therapist selects targeted formulations and techniques to either energize and defend the skin or restore and regenerate it.

BEST FOR Tired, depleted skin, skin exposed to environmental stress.

CHAPTER II · BODY MASSAGES

Nordic Touch

Where the Body Finds Its Way Back to Balance.

Release and Balance Massage

60 MIN · DKK 1500

Full Body Alignment and Mobility Reset

Body SDS is a Danish bodywork method combining deep, rhythmic massage with movement and joint mobilization. Working across muscles, joints, and connective tissue, it releases physical tension, improves mobility, and restores balance and freedom in the body.

BEST FOR Muscle tension, restricted mobility, physical fatigue.

Available on selected days or by special arrangement.

Flow and Restore Massage

60 MIN · DKK 1500

Circulation Boost and Deep Relaxation

A refined interpretation of traditional Swedish massage, blending flowing techniques with Nordic wellness principles to create a deeply calming and restorative experience. Varying pressure and continuous movement ease muscular tension and improve circulation, leaving the body relaxed and balanced.

BEST FOR Poor circulation, stress, need for relaxation.

Deep Tissue and Recovery Massage

60 MIN · DKK 1500

Deep Tissue Release and Muscle Recovery

An intensive full-body massage designed to release deep tissue tension and support muscular recovery. Working into deeper layers of muscle, targeted technique improves circulation, reduces tightness, and restores physical ease, leaving the body feeling lighter, stronger, and re-energized.

BEST FOR Deep muscle tension, tightness, post-workout recovery.

Golden Glow and Nourish Massage

60 MIN · DKK 1500

Lymphatic Flow and Skin Renewal

A sensory-rich massage using organic honey and slow, flowing techniques to stimulate circulation and support gentle detoxification through the skin. The unique texture of honey enhances grip and movement, encouraging lymphatic flow while deeply nourishing the skin, leaving the body purified, smooth, and radiant.

BEST FOR Dull or dry skin, fluid retention, sluggish circulation.

Warmth and Relief Massage

60 MIN · DKK 1500

Tension Ease and Deep Relaxation

A warming, restorative massage using hand-wrapped herbal poultices to soothe muscles and release tension. The gentle heat and aromatic botanicals work deeply into the body, easing tightness, improving circulation, and promoting a profound sense of relaxation and overall well-being.

BEST FOR Overall body tension, stiffness, fatigue.

Singing Bowl Body Massage

60 MIN · DKK 1500

Sound Therapy and Nervous System Reset

A deeply calming treatment where the vibrational tones of singing bowls resonate through the body to restore balance and promote inner stillness. Sound waves gently travel through the body, supporting energy flow, easing tension, and guiding the nervous system into deep relaxation and clarity.

BEST FOR Mental fatigue, emotional imbalance, need for deep relaxation.

CHAPTER III · BODY TREATMENTS

Nature’s Boost

Where Recovery Becomes Ritual.

Our body rituals bring together the healing power of Nordic botanicals with advanced recovery technologies, designed to enhance your body massage or to be enjoyed as a standalone experience.

Detox and Revive Body Wrap

60 MIN · DKK 1500

Full Body Reset and Metabolic Activation

A restorative ritual designed to help the body reset. A mineral-rich seaweed wrap supports the body’s natural detoxification processes while encouraging circulation and lymphatic flow. RecoveryAir compression boots further support circulation and drainage, leaving the body feeling lighter, refreshed and renewed.

BEST FOR Detoxification, lymphatic boost, post-travel recovery.

Sculpt and Energize Body Wrap

60 MIN · DKK 1500

Body Contouring and Circulation Boost

An invigorating body contouring experience using a targeted firming and contouring mask to smooth, refine skin texture and improve the appearance of cellulite, while stimulating circulation and enhancing overall vitality. Theragun therapy releases deep muscle tension, improves blood flow, and supports a visibly more sculpted, energized result.

BEST FOR Body contouring, skin firming, circulation boost.

CHAPTER IV · KIDS' AND TEENS' TREATMENTS

Young Wellness

Where Well-Being Begins.

Designed for our youngest guests and mindful teens, these treatments are a gentle introduction to self-care. The focus is not on how skin looks, but on how the body feels: breath slowing, shoulders softening, ease returning.

Mini Calm Facial

AGES 6 TO 12 · 30 MIN · DKK 650

Gentle Cleanse and Comfort Ritual

A soft first meeting with self-care, designed for younger skin. Gentle cleansing, light hydration, and calm, nurturing touch invite the breath to slow and the body to relax. Skin is left comfortable and refreshed, and our youngest guests leave feeling settled and cared for.

BEST FOR Young guests, a first spa experience, learning to slow down.

Teens' Balance Facial

AGES 12 TO 16 · 45 MIN · DKK 800

Skin Balance and Self-Care Ritual

A personalized facial for teenage skin, focusing on comfort, balance, and healthy skincare habits. The treatment gently purifies and rebalances while making room for something rarer: a slower breath, a resting mind, and the confidence that comes from feeling well.

BEST FOR Teenage skin, oil imbalance, busy minds in need of a pause.

Mini Relief Massage

AGES 6 TO 16 · 30 MIN · DKK 650

Gentle Relaxation and Comfort Ritual

A calming body massage designed for younger guests, using light pressure and soothing, skin-friendly oils. Gentle, rhythmic movements help ease tension, slow the breath, and create a comforting sense of well-being.

BEST FOR Young guests, mild tension, need for relaxation.

Little Hands and Feet Ritual

AGES 6 TO 16 · 30 MIN EACH · DKK 650

Gentle Care and Polishing Ritual

A nurturing manicure and pedicure designed for younger guests, focusing on gentle care and a light, playful spa experience. Soft exfoliation and careful nail grooming become a calm moment of care and togetherness, and a first lesson in looking after oneself.

BEST FOR Young guests, a first manicure or pedicure, gentle self-care.

CHAPTER V · BEAUTY TREATMENTS

Refined Care

Where Simplicity Meets Elegance.

Our beauty treatments focus on clean, effective grooming using high-quality formulations and precise techniques.

Essential Manicure

60 MIN · DKK 750

Hand Care and Polishing

A restorative hand treatment designed to care for nails and skin with precision and ease. This ritual includes nail shaping, cuticle care, and a relaxing hand massage, leaving hands soft, smooth, and neatly polished with your choice of color or natural buff.

BEST FOR Nail maintenance, dry or rough hands, well-groomed finish.

Essential Pedicure

60 MIN · DKK 850

Foot Care and Renewal

A revitalizing foot treatment designed to restore comfort and enhance the appearance of your feet. This ritual includes precise nail and cuticle care, and a soothing massage, leaving the skin smooth, the feet refreshed, and nails neatly polished with your choice of color or natural buff.

BEST FOR Foot care, toe nail maintenance, tired feet.

Brow Shaping and Tint

30 MIN · DKK 550

Brow Definition

A refined brow treatment designed to enhance your natural expression through precise shaping and subtle tinting.

Lash Tinting

30 MIN · DKK 350

Lash Definition

A gentle treatment designed to enhance your natural lashes by adding depth and color for a more defined, effortless look. Ideal for those seeking subtle enhancement without the need for daily mascara.

Precision Waxing

Gentle Hair Removal

An efficient and gentle hair removal treatment using skin-sensitive wax, designed to deliver smooth results with minimal irritation. Each service is performed with precision and care, followed by calming aftercare to soothe and protect the skin.

FACIAL HAIR	10 MIN · DKK 300
ARMPITS	10 MIN · DKK 300
BIKINI	20 MIN · DKK 500
LEGS	30 MIN · DKK 600
ARMS	20 MIN · DKK 500

CHAPTER VI · LONGEVITY LOUNGE

Rebalance

Wellness extends beyond the treatment room.

Choose according to what your body needs: recover after travel or movement, unwind, prepare for sleep or support skin renewal. The Longevity Lounge and In-Room Rental program offer a selection of advanced recovery devices and sensory therapies, designed to support regeneration, relaxation, and overall well-being. Every experience is available both in the Longevity Lounge and as an in-room rental.

RecoveryAir Boots

30 TO 60 MIN · LOUNGE OR IN-ROOM · DKK 300 TO 600

Circulation and Muscle Recovery

A targeted recovery experience designed to support circulation, reduce muscle fatigue, and enhance lymphatic flow, ideal after travel, physical activity, or long days.

BEST FOR Muscle recovery, circulation boost, post-travel fatigue.

LED Face Mask

10 TO 20 MIN · LOUNGE OR IN-ROOM · DKK 300

Skin Renewal and Radiance Boost

A non-invasive light therapy treatment designed to support collagen production, improve skin tone, and enhance natural radiance.

BEST FOR Dull skin, fine lines, skin renewal.

Smart Eye Goggles

10 TO 20 MIN · LOUNGE OR IN-ROOM · DKK 300

Deep Relaxation and Sleep Support

A calming eye therapy designed to relieve tension, reduce stress, and prepare the body for restful sleep through gentle massage and heat.

BEST FOR Stress, eye strain, sleep support.

Sound Meditation

10 TO 20 MIN · LOUNGE OR IN-ROOM · DKK 300

Nervous System Reset

A guided auditory experience using sound frequencies to calm the mind, regulate the nervous system, and restore internal balance.

BEST FOR Mental fatigue, stress, emotional balance.

A COHESIVE PHILOSOPHY

Our Partners

One Philosophy. Four Expressions. Each house a pillar within a complete wellness journey.

Tata Harper Skincare

LONGEVITY

The Future of Skin

Luxury skincare rooted in cutting-edge science that is alive with nature's power, working deeply to restore vitality, strengthen resilience, and support long-term regeneration.

Raaw Alchemy

PERSONALIZATION

The Art of Skin Alchemy

A deeply personal, sensory approach expressed through time-honored techniques and freshly blended botanicals and marine actives, tailored in the moment to your skin.

Manasi7

BALANCE

The Intelligence of the Skin

Focusing on the skin microbiome, restoring balance at the most fundamental level. Minimal, intelligent, and essential, this is modern skin health at its purest form.

RAESO

RHYTHM

Living with Time

Circadian skincare aligned with the biological rhythms of day and night. The morning ritual awakens, protects, energizes. The evening ritual repairs, restores, regenerates.

A FEW

MOVEMENT

A Few Good Moves

The house behind our gym and in-room workout accessories. Sensory and cushioned, for extra support and grip, designed in muted colors and engineered for greater comfort: a collection to enhance all good moves, from yoga through Pilates to HIIT.

RESERVATIONS AND ENQUIRIES

A quiet welcome awaits.

All treatments are guided by expert diagnosis and may be tailored to your individual needs. We kindly ask that you arrive at the spa fifteen minutes prior to your treatment to enjoy the full ritual.

If you have any allergies, sensitivities or medical considerations, please share them with our wellness team.

CORI SPA HORNBÆK HOTEL